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ABSTRACT

This document is a workbook for preteens and teenagers between the ages of 11 and 15 that discusses relationships, dating, sexuality, and contraception. It focuses on building self-esteem and decision-making, encouraging teenagers to think through decisions they face about relationships and themselves. Workpages, which feature various types of questions and checklist activities, include these topics: (1) comparing values; (2) influences on decisions and making sample decisions; (3) communicating feelings; (4) choosing friends, including girlfriends and boyfriends; (5) dating and going together; (6) decisions about physical touching and sex; (6) saying "no" to sex; and (7) decisions about sex, birth control, and pregnancy. A resource list of materials on love and sex, birth control, Acquired Immune Deficiency Syndrome, and deciding to be a parent is included. (ABL)

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TAKE CHARGE OF YOUR LIFE!

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TAKE CHARGE OF YOUR LIFE!

by The Salvation Army
Booth Memorial Center

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Take Charge of Your Life was written by many people. These people are young and old, Black, White and Hispanic, female and male.

Here are the folks who helped with this workbook.

The Teen Advisors: These are the teens who helped write this book. Their job was to keep the book "real" for teenagers like you.

Front row: **Paul Poindexter, Lenora Ferrell, Felicia Glover;** *back row:* **Chris Davis, Robert Jones, Kevin Jackson, Kris Dixon, David Hill;** *in the tree:* **Marie Champlin, Dionne Merchant, Raquel Trice;** *not pictured:* Richard Breaux, Manuel Galindo, Ghristie Goodie, Rochelle Johnson, Fran-Tascia Price, Jermel Parnell, Ben Brown, David Edmonds.

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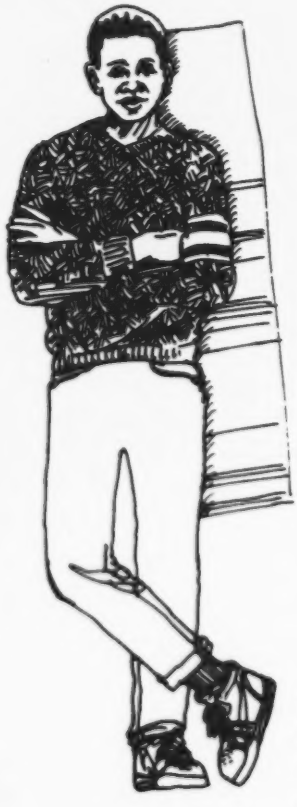
TAKE CHARGE OF LIFE!

Every day you make decisions. You decide what you'll wear, who you'll talk to, when you'll study. Your choices show everyone that *This is the way I am.*

Soon you'll be facing very big decisions in your life. You'll be deciding about your values and goals. You'll make some decisions about school, work, and religion. You'll want to think about

- what kinds of relationships you want with people
- what it means to have friends of the opposite sex
- whether or not you want to be married
- whether or not you want to be a parent
- whether or not you'll have sex, and when that will happen

Will you be able to make those decisions on your own? Or will you let someone else make them for you?



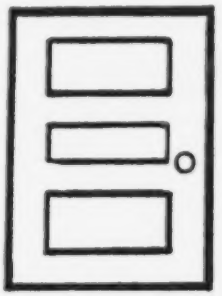
This book does *not* make decisions for you. But it will help you think about how to make them. And it will help you decide what kind of relationship you want with boys and girls right now.

Some of the questions in this book are very personal. You may not want to share your answers with anyone. That's O.K. This is your book. There are no right or wrong answers. You will not be judged. Just be honest with yourself and have fun with this book.

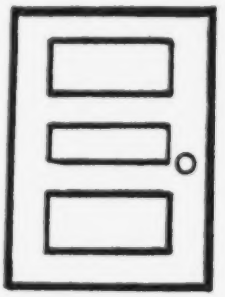
DECIDING CAREFULLY

When we are children, other people make decisions for us.
When we are adults, we make most of our own decisions.
We can consider what other people think, but mostly we can choose what we want to do.

Today you are on your way to becoming an adult. You are starting to make some of your own decisions. You probably find it difficult making decisions. Especially since you must live with the *results* of your decision. (A result is the way something ends.)



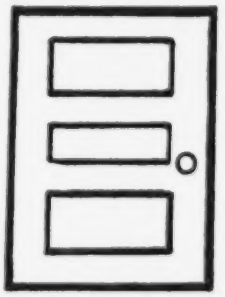
You want your decisions to end in good results for you. Here are some ideas that can help you carefully make decisions on your own.



- Look at all the choices that are possible.

  You always have more than one choice when you make a decision.

- Think about what could happen with each choice.



- Talk to an adult that you trust. Someone such as your father, mother, older sister, teacher, or someone from your church can help you think through your choices.

- Make the decision that you think is best for you.

WHAT'S IMPORTANT TO YOU?

A part of making decisions is this: Know your values. In other words, know what things are important to you.

Below are some values. Rate each value. **1** means that a value is *very* important. **3** means it is not important at all. Draw a circle around the number that shows how important each value is to you.

	Very Important	**In the Middle**	**Not Important**
Feeling good about myself	1	2	3
Being happy	1	2	3
Knowing about my race or culture	1	2	3
Being honest	1	2	3
Believing in my religion	1	2	3
Doing the "right" thing	1	2	3
Caring for others	1	2	3
Having fun	1	2	3
Having good friends	1	2	3
Being popular	1	2	3
Being good in sports	1	2	3
Looking good	1	2	3
Having a girlfriend or boyfriend	1	2	3
Getting married	1	2	3
Having children	1	2	3
Getting a job	1	2	3
Having lots of money	1	2	3
Having a good education	1	2	3
Having sex	1	2	3
Not having sex	1	2	3

WHO INFLUENCES YOU?

Making a decision, small or big, depends on a lot of things. The things we want or plan to do and what is happening at the moment can *influence* our decisions. People can also influence our decisions: We consider what other people may think before we decide on something.

Many people such as parents and friends can influence your decisions. School, church, and the law can influence you too. Even television and movies may influence what we decide.

Think about a decision you made this week.

What was the decision?_____

_____

_____

Who or what had an influence on that decision?

_____

_____

TEEN DECISIONS

The more you make your own decisions, the better you get at making ones that are best for you. Practice making some decisions. Here are some decisions that the **Teen Advisors** say many teens face in real life. Suppose they happened to you. What choices would you make?

You are invited to a party at a friend's house. His or her parents will be home. You are also invited to another friend's house. His or her parents won't be home. Which invitation would you take?

_____

Why would you make that decision?_____

_____

What would you say to your friend whose invitation you did not take

_____

A friend offers you a ride home from school. You can tell he or she has been drinking. You know he or she doesn't have a license. What would you do: walk home or take the ride?

_____

Why would you make that decision? _____

_____

What would you say to your friend? _____

_____

You have an important Math test tomorrow. Your friend asks you to go to his or her house after school. He or she has some new tapes to listen to. What's your decision: study for the test or listen to the tapes?

_____

Why would you make that decision? _____

_____

What would you say to your friend? _____

_____

SAYING HOW YOU FEEL

Notice that on the last page the **Teen Advisors** asked, "What did you say to your friend?" When you make a decision, you usually tell other people what it is. They need to know what you want to do.

Can you tell people what you think? Do you usually say what you feel? Here are a few questions to help you find out. Draw a circle around the answer that best fits you.

Is it hard for you to talk with other people?	***Yes***	***No***	***Sometimes***
Can you find the words to say what you are thinking?	***Yes***	***No***	***Sometimes***
Suppose you are talking with someone who disagrees with you. Will you still say what you think?	***Yes***	***No***	***Sometimes***
Can you tell someone you care about him or her?	***Yes***	***No***	***Sometimes***
Can you tell someone you are angry with him or her?	***Yes***	***No***	***Sometimes***

Telling someone how you feel is difficult for many people. It takes a lot of practice. Your choices, values, and your feelings all go together. Here's a poem that says how:

When you know what's important to you, then you know yourself
and
it is easier to know how you feel
and
it is easier to know what you want and do not want
and
it is easier to let other people know what you want and do not want.

When you can let other people know what you want or do not want, you are communicating.

"I FEEL THIS WAY"

One way to communicate how you feel, what you want or do not want, is this: Use "I" messages. They are sentences that begin with the word "I" and not the word "You."

"I" messages do not blame other people. "I" messages clearly tell the other person: "This is what *I* think, this is what *I* want or do not want."

Here are some examples of how "You" sentences can be changed to "I" messages. Which sentences sound better to you?

YOU		**I**
"You make me mad."		"I am angry with you."
"You always want things your own way."		"I think I always give in to you."

Practice writing your own "I" messages. Read each of the "You" sentences. Write them over so they are "I" messages.

- To a *teacher*: "You should give me more time to write my paper."

_____

_____

- To a *parent*: "You always treat me like a child."

_____

_____

- To a *friend*: "You always expect me to be home when you call."

_____

_____

FRIENDS ARE DECISIONS TOO!

When we choose friends, we are making decisions. Most times we choose our friends because we like some of the same things that they do. Sometimes we like different things and that's O.K. too.

Find out what you have in common with your best friend. First, write your favorite things in the box at the left. Next, write the name of your best friend in the other box. Then, write his or her favorite things. If you do not know the answers, ask your friend.

My Favorite Things

Song _____

Singer _____

TV Show _____

Movie _____

Clothes Style _____

School Subject _____

Teacher _____

Sport _____

Activity _____

_____**'s Favorite Things**

Song _____

Singer _____

TV Show _____

Movie _____

Clothes Style _____

School Subject _____

Teacher _____

Sport _____

Activity _____

What things do you and your friend like that are the same?

_____

_____

What things are different?

_____

_____

GIRLFRIENDS AND BOYFRIENDS

Who you choose for your boyfriend or girlfriend is an important decision. Take charge of your life: Know what you want in a person *before* you decide to have a boyfriend or girlfriend.

Many of us dream about *the* special person before we ever begin dating. We dream about how he or she looks, and what he or she is like. Of course we don't find that perfect person. But we do meet real people who have some of the things we dream about.

Think about your "dream" girlfriend or boyfriend. Answer these questions about him or her.

How old would your "dream" girlfriend or boyfriend be?

_____

What would he or she look like?

_____

_____

_____

What kind of things would he or she do in his or her free time?

_____

_____

_____

What kind of things would be important to him or her?

_____

_____

How would he or she treat you?

_____

_____

_____

WHAT'S IMPORTANT?

If you know what qualities you want in a boyfriend or girlfriend, you're more likely to find the best person.

Read the qualities on this chart. Which qualities are important for your girlfriend or boyfriend to have? Put a check ✓ in the box that shows how you feel.

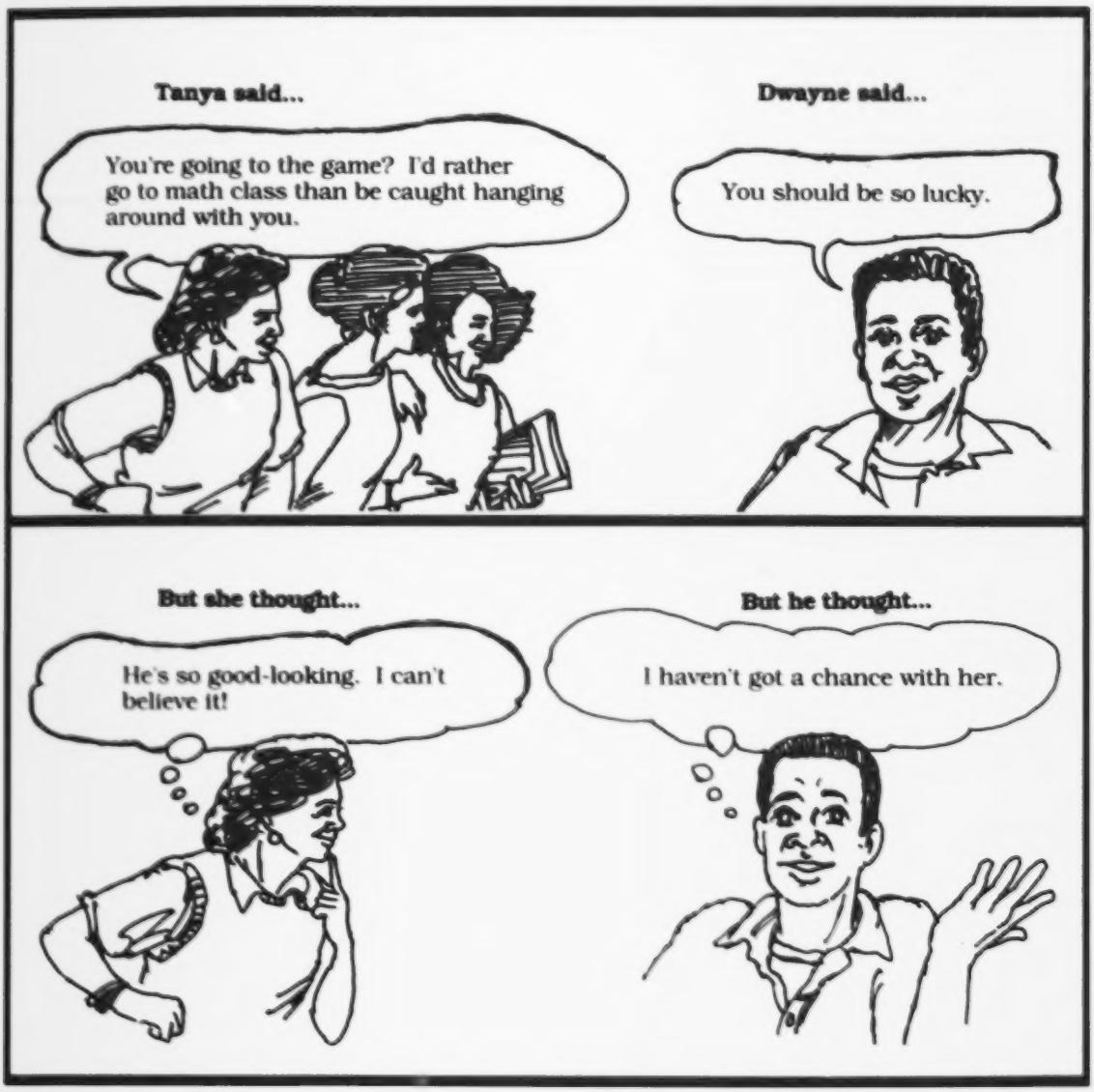
	QUALITIES	IMPORTANT	NOT IMPORTANT
He or she:	is easy to get along with.		
	is popular.		
	is smart.		
	is liked by my parents.		
	is honest.		
	is a good listener.		
	is clean.		
	respects me and what I believe in.		
	will have sex with me.		
	has a "good" body.		
	shows he/she likes me.		
	knows how to talk to people.		
	is well dressed.		
	does not smoke cigarettes.		
	does not use drugs or alcohol.		
	does not swear or talk dirty.		
	goes to church.		
	makes me laugh.		
	is good looking.		

BEGINNING TO DATE

You decide when you're ready for a relationship. If you're not ready to date, you don't have to. It's normal and fine to have friendships with other teens.

If you think you are ready to date people, taking the first step isn't easy. You may find that it's hard to say how you feel to someone. You're not sure if he or she may want you for a friend. So what you think and what you say are often different.

Meet Tanya and Dwayne. What they said aloud to each other was different from what they thought.


Tanya said...
You're going to the game? I'd rather go to math class than be caught hanging around with you.
Dwayne said...
You should be so lucky.
But she thought...
He's so good-looking. I can't believe it!
But he thought...
I haven't got a chance with her.

GOING TOGETHER

You can have different kinds of relationships with girls and guys. There are friendships. There are dating relationships. When you have found someone very special, the two of you may choose to go together.

When you're going together, you'll make decisions about the kind of relationship that you want. Below are some questions that the **Teen Advisors** say many teenage couples must decide on.

Get an idea of the relationship you'd want if you were going together with someone. Draw a circle around the letters that show what you might decide. (You can choose more than one answer.)

1. How much time would you spend with your girlfriend or boyfriend each day?

   a. more than 2 hours a day
   b. less than 2 hours a day
   c. a phone call would do
   d. I would not spend time every day
   e. Other:_____

2. Which activity would you most like to do with your boyfriend or girlfriend?

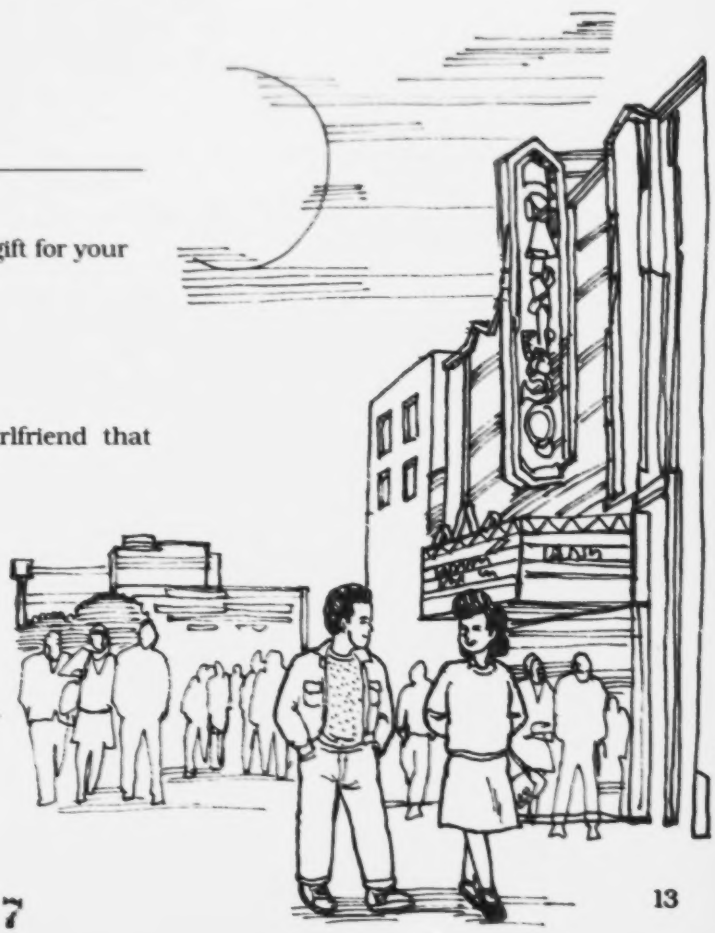
   a. eating
   b. going to the movies
   c. hanging out
   d. listening to music
   e. Other:_____

3. How much money would you spend on a gift for your boyfriend or girlfriend?

   a. no money limit
   b. I would spend $_____
   c. I wouldn't spend any money

4. How would you show your boyfriend or girlfriend that you liked them?

   a. hugging
   b. kissing
   c. writing a letter
   d. bringing flowers or a gift
   e. talking
   f. taking him or her out on a date
   g. having sex
   h. Other:_____



GETTING MARRIED

Marriage -- is it for you? Many people say yes. Some people choose the single life instead. You do have a choice. It's one of the biggest decisions you make in your life.

Do you want to get married sometime in the future?

___Yes ___No ___Not Sure

People get married for many different reasons. Which reasons would be yours for wanting to get married? Put a check ✓ next to each reason.

___ You love the person.

___ You are ready for and want to have sex.

___ You want to raise children in a family.

___ You do not believe in "living together" without marriage.

___ Your parents expect you to get married.

___ You believe in what your church says about marriage.

___ You have found someone you love and marriage would get you away from home.

___ You are pregnant or your girlfriend is pregnant.

___ You don't want to be lonely.

___ Other:_____

What would married life be like for you? Finish these sentences. They can help you know what you expect from marriage.

My husband or wife would be_____

What would make me happy about marriage is_____

_____.

What scares me about marriage is_____

_____.

To me, "forever" means_____

_____.

KEEPING A RELATIONSHIP GOING

How do you show your feelings for a person? That's another important decision you'll make in a relationship.

- You can show your feelings in words: "You're great." "I like you."
- You can show your feelings by giving gifts such as flowers and cards.
- You can show your feelings by "getting physical" such as touching, holding hands, hugging, kissing, petting, or having sex.

Let's say you're going together with someone. What's one way you'd show your feelings in words?

_____

_____

What's one gift you would give that person to show how you feel?

_____

_____

What would you do physically to show your feelings for that person?

_____

_____

Most people want a relationship to last "forever." They may be just going together. They may be married.

But to stay together means working at it. Below are some things that many couples do to help make their relationship last.

Imagine that you are in a relationship. Which of these things would you do to keep it together for a long time? Put a ✓ next to each thing.

___ Trust the person.

___ Talk to the person.

___ Listen to the person.

___ Respect myself, know what I want.

___ Respect the other person, and listen to what he or she wants.

___ Try to agree on everything.

___ Do the same things together.

___ Have some things that I do on my own.

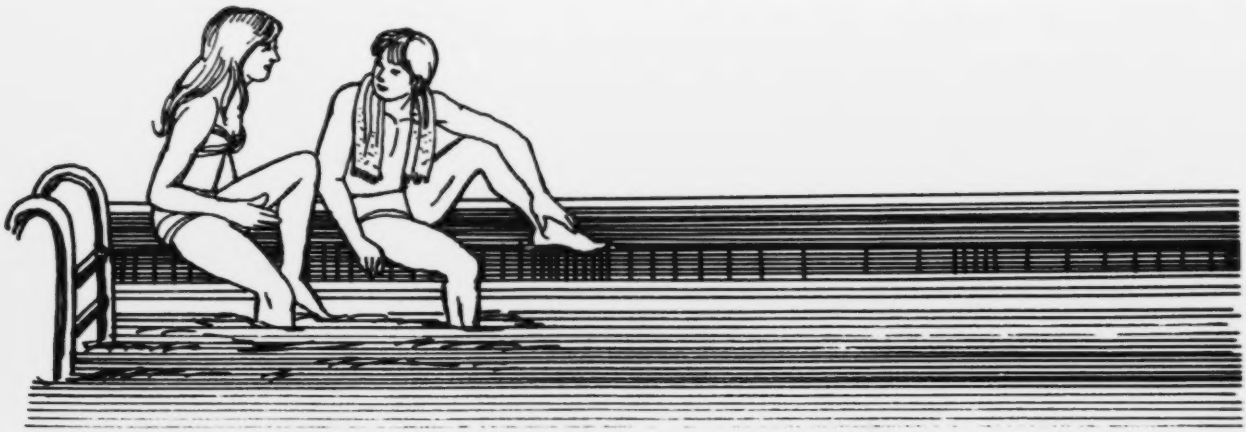
___ Buy him or her gifts to show that I love him or her.

___ Say "I love you" often.

___ Be with the person as much as possible.

___ Other:_____

HOW FAR DO YOU WANT TO GO?



3 feet *6 feet* *8 feet*

Holding Hands **Hugging** **Kissing** **Touching** **Heavy Petting** **Having Sex**

"Getting physical" with someone is like learning to swim. You learn to swim at the shallow end of a pool. If you jump in at the deep end, what could happen?

Having sex with someone is like learning to swim in the deep end. Are you ready?

The **Teen Advisors** came up with some things to think about *before* you get physical with a person. Put a check ✓ next to the things that are important to you.

___What your feelings are for the person.

___What your values are about "getting physcial."

___What that person wants.

___How you feel physically at the moment.

___How you feel emotionally at the moment.

___How far your friends go physically.

___What your parents want you to do.

___What the teachings of your church are.

"GETTING PHYSICAL"

How physical do you want to get with someone? Or maybe you don't want to "get physical" at all. That's O.K. It's normal too.

The **Teen Advisors** think that you should know how physical you want to be with another person. They feel that it's a good idea to think ahead.

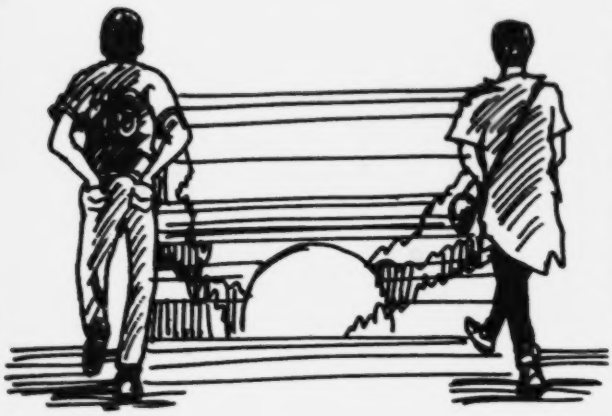
How physical would you be with someone you just met and are dating? How physical would you be with someone you're going together with? Use this chart to help you think out what you would do. Write *yes* or *no* in each box for each kind of physical affection.

	Holding hands	*Hugging*	*Kissing*	*Touching each other's body above the waist*	*Heavy petting/ touching each other's body below the waist*	*Having sex*
Someone you just met and are dating						
Girlfriend or Boyfriend						

SEX: A BIG DECISION

People can decide to have *or* not to have sex. They can also decide who to have sex with and when.

How will you know if and when you are ready for sex? It is important to answer this question for yourself. Think of your values, consider your parents, and look at your religious beliefs. Then make a careful decision.



To help you look at how to make a careful decision, meet Maria and Juan. They are 15 years old. They have been going together for five months. They're talking about having sex. Should they or shouldn't they? They're nervous about the decision. This would be the first time for both of them.

If you were in Maria's or Juan's place, you'd probably ask yourself questions before making a decision. Here are some questions that you might ask. Check the questions you'd ask yourself before doing anything.

___ How do I feel about him or her?

___ Do I love him or her? How do I know?

___ Does he or she love me? How do I know?

___ Because we love each other, does this mean we should have sex?

___ Will I be able to handle having sex?

___ Will I know what to do?

___ Am I being pressured or pushed into it?

___ Is this the right thing to do?

___ Will having sex cause problems for me?

___ Can I get AIDS or other diseases from having sex?

___ What will my friends think?

___ What will my parents think?

___ What does my church say?

___ Do I want to use birth control?

___ Am I too nervous or embarrassed to get and use birth control?

___ If I don't use birth control, am I ready to have a child?

DECISION: NO SEX

Meet two teenagers who have decided *not* to have sex. Daryl is 15. Rochelle is 14.

What is one reason why this might be the best decision for Rochelle?

_____

If you were Rochelle's best friend, what could you say that lets her know her decision is O.K.?

_____

_____

What do you think about a teenage girl who decides not to have sex?

_____

_____

What is one reason why this might be the best decision for Daryl?

_____

If you were Daryl's best friend, what could you say to let him know that this decision is O.K.?

_____

_____

What do you think about a teenage boy who decides not to have sex?

_____

_____

There will be times when Daryl and Rochelle may want to have sex. They have noticed that when they are alone together it is very difficult to stick to their decision. What should they do when they begin feeling that way?

_____

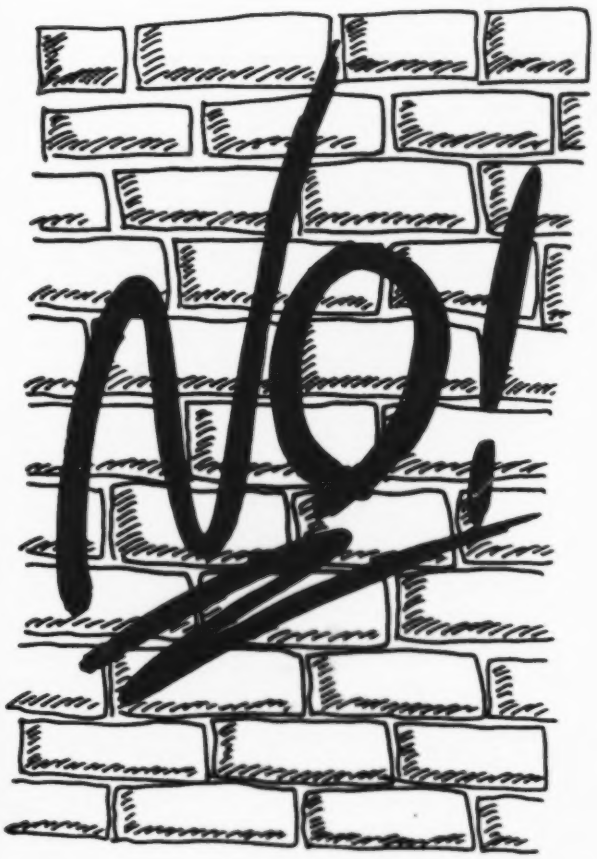
_____

SAYING "NO"

Sometimes people are pressured to say "Yes" to sex. They really don't want to do it. Maybe they said "No" at first. But the other person kept pressuring until they did say "Yes."

And sometimes this happens: They like someone a lot. They don't want to hurt that person's feelings. Since they don't know how to turn him or her down, they say "Yes."

Saying "No" to sex is not enough. You sometimes need to say *why* you won't do it. Think ahead before it ever happens to you.



Think ahead about what you might say. Answer these questions to help you.

What is one reason you might say "No" to having sex?

_____

_____

_____

Suppose someone wants to go further than you do. That person says, "I want to show you a good feeling." What could you say to that person?

_____

_____

_____

Let's say someone you like is talking to you. You get the idea he or she wants to have sex because that person asks "How's your sex life?" What could you say to that person?

_____

_____

_____

DECISION: SEX AND BIRTH CONTROL

Having sex and using birth control is a decision some teens make. If a boy or girl chooses this decision, it means that he or she doesn't want to have a baby right now.

Meet a 16-year old couple who made this choice, Tanya and Dwayne. They've known each other since they were twelve. The first time they had sex, Dwayne used a "rubber." Tanya did not get pregnant.

What is one reason why Tanya would decide to use birth control?

_____

_____

What is a different reason why Dwayne would decide to use birth control?

_____

_____

Rubbers, or condoms, can be used for birth control. Rubbers also help to keep a person from getting AIDS, VD, and other sexual diseases. Rubbers won't keep a person from getting pregnant or catching a sexual disease *all* the time. But rubbers do cut down the chances of those things happening, if they're used every time, and if they're used correctly.

Who do you think should take care of using birth control: the guy, girl, or both? Why is that?

_____

_____

Using rubbers is only one kind of birth control method. If you don't want to be pregnant or to make a girl pregnant, you'll want to use some kind of birth control method. Follow the directions for using any birth control method. Otherwise it won't work!

Name four kinds of birth control methods.

_____ _____

_____ _____

If you wanted to use birth control, which method would you use?

_____

Where would you get this kind of birth control?

_____

TALKING ABOUT BIRTH CONTROL

Some teens have a hard time talking to someone about birth control, especially finding the words to begin talking about it.

The **Teen Advisors** came up with some ideas to begin a conversation about birth control. The ideas can help you when you're ready to talk about birth control with someone you're going to have sex with.

"Are you using some kind of birth control?"

"If you really care about me, then we'll do this right. We'll use some kind of birth control."

"Mary and John have sex and John uses a rubber."

"Did you know Carol's pregnant? Do you think they used birth control?"

How would *you* begin a conversation about birth control?

_____

_____

_____

The two of you will probably have a very long talk. You'll make many decisions: what birth control method to use, who will use it, who will get it, how to get the birth control, and where to get it.

DECISION: SEX AND NO BIRTH CONTROL

Many teens think that pregnancy won't happen to them. Over one million teens (1,000,000) become pregnant every year. Each one of them thought it couldn't happen to them.

Most teenagers do not want a baby. Yet some teenagers decide to have sex and not use birth control. Why do you think someone who doesn't want a baby would *not* use birth control?

_____

_____

_____

_____

Shari and Michael are two teens. They've been dating for a few months. They decide to have sex. But they do not use birth control.

What is one reason why Shari might not use birth control?

_____

_____

What is a different reason why Michael might not use birth control?

_____

_____

Since Michael and Shari do not use any birth control, what is the chance that Shari will get pregnant? Draw a circle around your answer.

No chance **Little chance** **Strong chance**

"**Strong chance**" is the right answer. There is a *very* strong chance that Shari will get pregnant.

SHARI'S PREGNANT

Remember Shari? She and Michael didn't use birth control. Well, Shari is pregnant and she is afraid.

She isn't sure whether to have the baby or not. Shari knows that raising a child is going to change her life. The list below shows all the activities she does now. Read that list. Put a check ✓ before each thing Shari probably won't be able to do anymore.

___ She plays on the basketball team.

___ She spends at least $10.00 a week on herself.

___ She spends one hour a day on the phone.

___ She spends two hours after school "hanging out" with her friends or Michael.

___ She goes to a movie every week.

___ She spends time reading and listening to music.

___ She must help her mom with the housework.

___ She spends at least two hours every day doing homework.

___ She works a part-time job two nights a week and on Saturdays.

___ She spends much of her money on her clothes.

Did you put a check by each activity? All of Shari's activities will change if she decides to keep and raise the baby.

Shari tells Michael that she's pregnant. Now they must decide this: **Should they tell their parents?**

What do you think their parents will say to them?

_____

_____

Shari and Michael, together, have a very big decision to make. Their decision affects their parents and other people who are close to Shari and Michael.

Should Shari have the baby and raise it herself? Should Michael and Shari marry and raise the baby together? Should they give the baby up for adoption? Should Shari have an abortion?

If you were in Shari's or Michael"s place, what would you do?

_____

_____

_____

_____

Decisions, your decisions. The choices are yours to make. You know what you need, what you want, and what your values are. You know who you can talk to about your decisions.

Remember: Think carefully ahead of time about every decision you make. Then make a good decision for yourself.

Let's take one last look at you. Finish writing these sentences. What you write will tell everyone...

This is The Way I Am

My most important value is _____

_____

The most important decision of my life so far has been _____

_____

Before I make a big decision, I talk to _____

I choose friends who are _____

My favorite thing to do is _____

I think I will be ready for a relationship when _____

_____

My girlfriend or boyfriend will be like _____

_____

The kind of relationship I will have with my girlfriend or boyfriend will be

_____

_____

I will be ready for mariage when _____

_____

I will know I am ready for sex when _____

_____

I will not have sex until _____

_____

I will not have children until _____

_____

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MORE INFORMATION

Did you enjoy this workbook? Do you want to think more about your decisions? Here are some of the books and pamphlets that teenagers, teachers, parents, and ministers can read for more information.

Love and Sex

The Facts of Love, Alex Comfort and Jane Comfort,
Ballantine Books, 205 East 50th St., New York, New York, 10022, $7.95.

Let's Talk About ... S-E-X, Printed Matter, P.O. Box 15246,
Atlanta, Georgia, 30333, $4.95 (available in Spanish).

Deciding About Sex - The Choice to Abstain, Network Publications,
P.O. Box 1830, Santa Cruz, California, 95061, $.25/copy.

Teen Sex? - It's Okay to Say NO WAY, Planned Parenthood Federation,
810 - 7th Ave., New York, New York, 10019, $.50/copy.

Birth Control

Birth Control Facts, Network Publications,
P.O. Box 1830, Santa Cruz, California, 95061, $.25/copy.

Birth Control Methods, Planned Parenthood Alameda/San Francisco,
815 Eddy Street, San Francisco, California, 94109, $.20/copy.

What You Should Know About Birth Control...If You Are A Man,
Network Publications, P.O. Box 1830, Santa Cruz, California, 95061, $.25/copy.

Ten Ridiculous Ideas That Will Make A Father Out of You, Printed Matter,
P.O. Box 15246, Atlanta, Georgia, 30333, $.30/copy.

AIDS and Other Sexually Transmitted Diseases

STD Facts, Network Publications, P.O. Box 1830, Santa Cruz, California, 95061,
$.25/copy.

Facts About AIDS, Printed Matter,
P.O. Box 15246, Atlanta, Georgia, 30333, $.45/copy.

Deciding To Be a Parent

Am I Parent Material?, Network Publications,
P.O. Box 1830, Santa Cruz, California, 95061, $.25/copy.

Are You Kidding Yourself?, Network Publications,
P.O. Box 1830, Santa Cruz, California, 95061, $.25/copy.

Take Charge of Your Life is a workbook for preteens and teens, ages 11-15, that covers relationships, dating, sexuality and contraception. Created by the Salvation Army with input from a teen advisory board, this workbook focuses on building self-esteem and decision-making skills. Through a series of exercises and questions, teens are encouraged to think through the decisions they face about their relationships and themselves.

The realistic characters and social situations presented as part of the exercises draw teens in, while numerous illustrations, charts and questionnaires keep them involved in this lively, easy-to-use workbook.

Take Charge of Your Life includes sections on:

- What's Important to You?
- Who Influences You?
- How Do You Choose Your Friends?
- Beginning to Date
- Going Together
- Getting Married
- Keeping a Relationship Going
- Getting Physical
- Sex and Birth Control
- Saying No
- Resource Listing

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